

# COVID-19: Close Contacts

You are considered a **close contact** if you have been **within 6 ft.** of a person infected with COVID-19 for a **cumulative total of 15 minutes** or more over a 24-hour period starting from 2 days before illness onset (or test specimen collection date if person is asymptomatic), until the time the person is isolated.

These individuals **may develop** COVID-19 as well.

Close contacts are quarantined for **14 days after their last exposure** with the COVID-19 case.



## Close contacts to a COVID-19 case should:

Stay home from work\* or school and remain 6 feet away from others

Self monitor for symptoms of COVID-19, including twice-daily temperature checks

Stay away from people at high risk for severe illness

\* Essential workers without symptoms can continue to work, should wear a mask, and should monitor themselves for symptoms.

### Everyone should prevent the spread of COVID-19 by:

- **Washing hands** frequently with soap and water for at least 20 seconds, or using a hand sanitizer with at least 60% alcohol
- **Covering your cough** with a tissue or your elbow
- **Wearing a mask**, if it can be safely managed
- **Cleaning and disinfecting** frequently touched objects and surfaces